CDC: Tips from Former Smokers – Shane (:30)

This program is presented by the Centers for Disease Control and Prevention.

[Shane] Hi, my name's Shane. I thought it would be helpful to give you some tips to deal with life after you get a tracheotomy from smoking. Like, when you have a hole in your throat, don't face the showerhead. Water can go right into your lungs. Also, cut all your food smaller than a dime. And remember, CPR isn't mouth-to-mouth. It's mouth-to-stoma.

[Announcer] Smoking causes immediate damage to your body. You can quit. For free help, call 1-800-QUIT-NOW.

A message from the US Department of Health and Human Services and CDC.

For the most accurate health information visit <u>www.cdc.gov</u> or call 1-800-CDC-INFO.